

**Family, Culture, Ethnicity:
Influence on Eating and
Activity in African
American Communities**

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Overview



- ⌘ Why this book was written
- ⌘ 'Diet' versus food
- ⌘ Nutrition throughout the lifecycle
- ⌘ The Diet and Disease relationship
- ⌘ Physical activity throughout the lifecycle

Why Not Focus on Diet?

- ⌘ 'Diet' has a bad connotation
- ⌘ Diet is time limiting
- ⌘ Diets are complicated and may be confusing
- ⌘ Too many diet choices



Why Focus on Food?



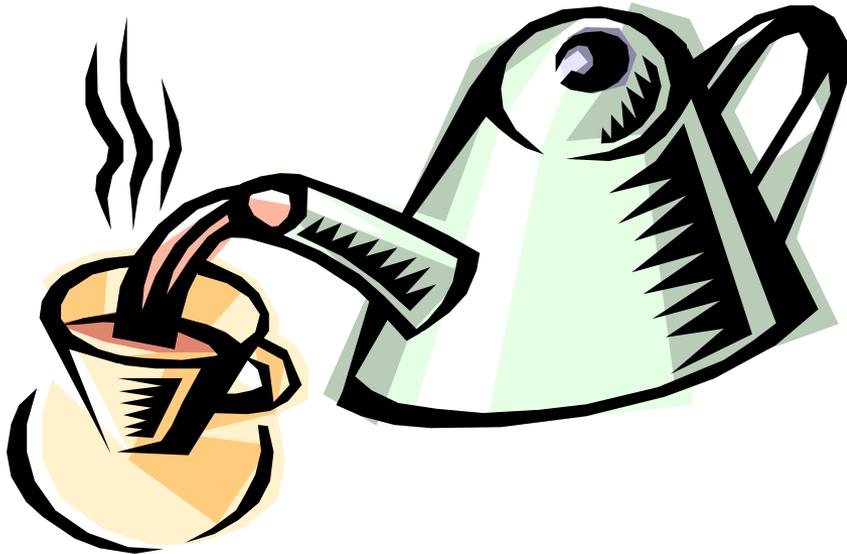
- ⌘ Simple
- ⌘ Tangible
- ⌘ Interesting
- ⌘ Learning experience
- ⌘ Teaching experience
- ⌘ Creative
- ⌘ Fun

Dietary Guidance

⌘ In the AA community, higher income and education do not necessarily lead to good nutrition practices!



Serving Size



⌘ What factors influence the amount of food you need?

- ☑ Gender
- ☑ activity
- ☑ age
- ☑ level of fitness

Serving Size

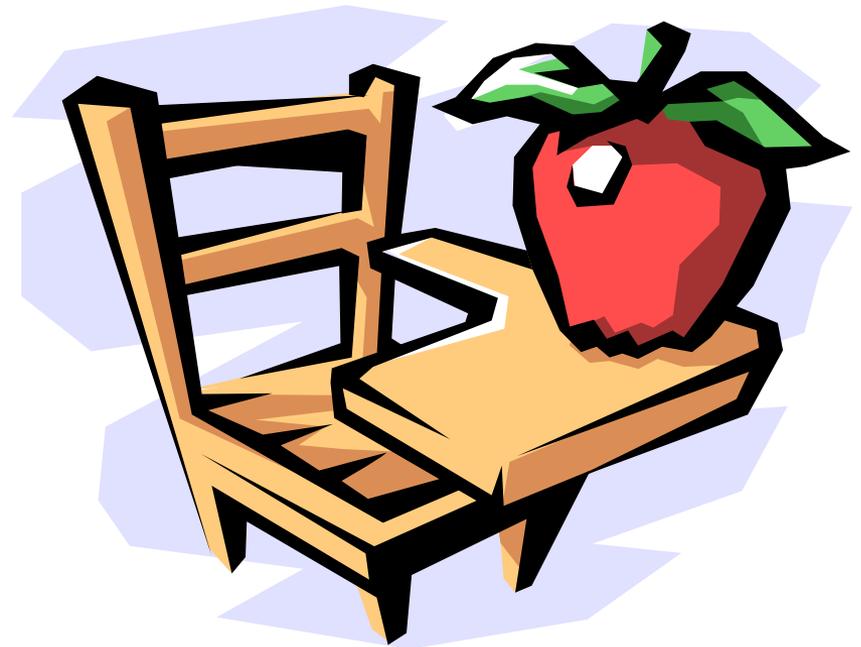


⌘ We are eating ourselves to death

Talking Point

Serving Size

⌘ How can we learn to eat less with so many incentives to eat more?



Talking Point



⌘ How can we help our clients perceive a healthy size as the desirable size.?

Nutrition throughout the Lifecycle

⌘ Preconception

- ☑ folic acid and neural tube defects

⌘ Prenatal

- ☑ teachable moment
- ☑ weight gain

⌘ Infants

- ☑ breastfeeding



Nutrition throughout the Lifecycle

⌘ Toddlers

- ☑ the most important time in a child's nutrition life because food habits are being formed for a lifetime
- ☑ great opportunity to teach about food from around the world



Nutrition throughout the Lifecycle

⌘ Childhood

- ☑ develop food shopping and preparation skills

⌘ Adolescence

- ☑ peer influence
- ☑ activity overload

- ⌘ Weight gain should be monitored at all ages and curbed if necessary



Nutrition throughout the Lifecycle

⌘ Adults

- ☑ advanced training
- ☑ jobs
- ☑ family formation
- ☑ time drain
- ☑ poor food acquisition skills
- ☑ limited food knowledge



Nutrition Throughout the lifecycle



⌘ Older adults

- ☒ decreased energy needs

- ☒ decreased activity

- ☒ illness

⌘ live healthy not just live long

Diet and disease

⌘ Cardiovascular disease

⏏ Know your numbers

⏏ Total Cholesterol

⏏ HDL > 35

⏏ LDL < 130

⌘ Hypertension

⏏ 120/80



Diet and Disease

⌘ Obesity

- ☒ Why important
- ☒ What to watch for
 - ☒ fatty foods
 - ☒ portion size
 - ☒ activity level

⌘ Osteoporosis

⌘ Cancer



Physical Activity

⌘ Benefits

⌘ Types

☑ daily living

☑ occupational

☑ leisure

⌘ Recommendations

